

Wellness Notes

International Osteoporosis Foundation

One-Minute Osteoporosis Risk Test*

- 1) Have either of your parents been diagnosed with osteoporosis or broken a hip after a minor bump or fall?
yes no
- 2) Have you broken a bone after a minor bump or fall?
yes no
- 3) Have you taken corticosteroid tablets (cortisone, prednisone, etc) for more than 3 months?
yes no
- 4) Have you lost more than 3 cm (just over 1 inch) in height?
yes no
- 5) Do you regularly drink alcohol in excess of safe drinking limits?
yes no
- 6) Do you smoke more than 20 cigarettes a day?
yes no
- 7) Do you suffer frequently from diarrhea (caused by problems such as celiac disease or Crohn's disease)?
yes no

----- For Women -----

Did you undergo menopause before the age of 45?

yes no

Have your periods stopped for 12 months or more (other than because of pregnancy or menopause?)

yes no

----- For Men -----

Have you ever suffered from impotence, lack of libido or other symptoms related to low testosterone levels?

yes no

Are you among the one in three women, and the one in five men around the world who will be affected by osteoporosis? Osteoporosis weakens bones and causes fractures which can result in severe disability. Take the IOF One-Minute Risk Test and find out if you are at risk. If you answer “yes” to any of these questions, it does not mean that you have osteoporosis, but you may be at risk. We recommend that you show this test to your doctor, who will advise whether further tests are necessary.

The good news is that osteoporosis can be diagnosed easily and treated. Find out about what changes you might make in your lifestyle to reduce your osteoporosis risk. Even if you answered “no” to all of the questions, make sure you invest in your bones by following a bone-healthy lifestyle, including adequate calcium intake and exercise. If you are over 50, we recommend that you discuss your bone health with your doctor.

You can contact your national osteoporosis society via: www.osteofound.org

*http://www.osteofound.org/osteoporosis/risk_test.html

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